

EALING WILL OFFER YOU:

Access to workshops at Horizons to help you manage emotions and learn relaxation techniques.

Help so you know how to claim free prescriptions. We will also consider paying transports costs to attend health appointments.

Give you information on healthy living and where you can get help with diet, smoking, exercise

In order to support you to maintain good all-round health the Ealing offer includes discounted gym membership and some of the structured after care sessions will have an activity focus.

We provide all Foster carers with a health and well-being handbook to equip them to support your health.

If you are a young parent, we can offer you advice and support to develop your parenting skills.

Depending on your circumstances we may offer you parenting classes.

We can also signpost you to information about childcare and early years services.

Health referrals to adult mental health services and Occupational Health services will include the fact that the young person is a Care Leaver in order that there is an immediate understanding of possible emotional trauma and vulnerability.

WHO TO CONTACT:

» **Contact Horizons for information about these sessions**

» **Contact your Personal Adviser or Duty at the After Care service**

» **Contact your Personal Adviser, LAC nurse or Duty at the After Care service**

» **Contact your Personal Adviser or Social Worker.**

» **You can find out about universal childcare, early years and parenting support services at Ealing Family Information Service**

» **T: 020 8825 5588**

» **W: www.ealingfamiliesdirectory.org.uk**

» **Speak to the LAC nurse or your Personal Adviser**

Healthy Relationships and Domestic Abuse

Young people have recommended we include information and support at the After Care drop in sessions on healthy relationships and domestic abuse.

WHO TO CONTACT:

» **Contact Horizons or your Personal Adviser**

Mental Health:

Support if you transfer from CAMHS to Adult Mental Health Services at aged 18.

If you are a care leaver aged 16-25 and you are worried about your mental health, let us know and we will support you to access relevant services.

If you are an asylum seeker we will support you to get a health assessment and become fully immunised if you are not already. We will also help you access emotional support where you may need this from professionals who understand the challenges you may have faced in coming to the UK.

WHO TO CONTACT:

» **Contact your GP and Personal Adviser**

» **You can also contact Ealing IAPT Service directly**
www.ealingiapt.nhs.uk
T: 020 3313 5660

Sexual Health

Sexual health is an important part of our overall health and wellbeing. We will offer you information and advice about sexual health services in Ealing or near to where you live. There are also a number of services specifically for young people and those with disabilities and additional needs. You can also speak directly to the LAC nurse.

WHO TO CONTACT:

- » **Contact your Personal Adviser, GP or the LAC nurse.**
- » **Information is also available on the internet: nwlondonsexualhealth.nhs.uk**
- » **Links to other useful organisations can be found in the 'Life is what you make it' pack.**

Substance Misuse Drugs/Alcohol

We will help you get information and access support services if you want information or are worried about your use of alcohol and/or drugs.

WHO TO CONTACT:

- » **You can speak to your Personal Adviser or the LAC nurse.**
You can also directly contact:
- » **The cgl EASY Project Young Person Service can support young people up to the age of 18 years.**
Contact: 020 8567 4772 or Easy.Project@cgl.org.uk
- » **The cgl RISE project is for anyone 18 and over who lives in, or is registered with a GP in Ealing.**
Contact: 0800 195 8100

Helping you participate in society

We want our care leavers to be active members of society, and to have all the chances in life that other young adults have. We can help you participate in society in the following ways:

WHAT EALING WILL OFFER

- » Providing information on leisure activities groups and clubs you may wish to join including volunteering opportunities.
CONTACT: Personal Adviser, Ealing Youth & Connexions Service
- » Informing you about relevant awards, schemes and competitions you can enter, in line with your talents and interests.
CONTACT: Personal Adviser; Post 16 teacher.
- » Encouraging and helping you to enrol on the Electoral Register, so you can vote in elections.
CONTACT: Personal Adviser
- » Encourage you to participate in Ealing Care Leavers forums e.g. Horizons Shout Out Council; ME Mentoring Project; Corporate Parent Committee.
CONTACT: Personal Adviser or Horizons Centre
- » Giving you advice and helping you to challenge any discrimination you face as a care leaver.
CONTACT: Personal Adviser